



Mar 2010
Vol 4 No.1

in this issue: **Becoming One of the 600 Support Partners of First Light Care**
A Word of Appreciation | Thank you for reading FLC newsletter!

各人要隨本心所
酌定的，不要作難，不要
勉強。因為捐得樂意的人，
是神所喜愛的。

林後 9:7

Each man should give what
he has decided in his heart
to give, not reluctantly or
under compulsion, for God
loves a cheerful giver.

Corinthians 9:7

我將這些事告訴
你們，是要叫你們在我裡面
有平安。在世上你們有苦
難，但你們可以放心，我已
經勝了世界。

約翰福音 16:33

I have told you these
things, so that in me
you may have peace. In
this world you will have
trouble. But take heart! I
have overcome the world.

John 16:33

FIRST LIGHT CARE
ASSOCIATION INC

SYDNEY CITY:

2nd Floor, 627 George Street,
(near Goulburn Street)
Sydney NSW 2000

SYDNEY WEST:

7 Crown Street, Harris Park
(near Parramatta) NSW 2150

POSTAL ADDRESS:

P.O. Box K1012,
Haymarket NSW 1240,
Australia

Telephone: (02) 9211 9988

Fax: (02) 9281 2281

A Word from Centre Director

Dear Brothers & Sisters and Friends,

SINCE THE BEGINNING of this year, First Light Care has been going through an exciting period of review and renewal in the way our service operates. You might recall from our last newsletter that we would "begin a new stage of our journey in building up First Light Care".

While we were reviewing how to improve the information system as part of our overall system review, we suffered a break-in at our City Counselling Centre on Australia Day. One of our computers was stolen as a result of the break-in.

We apologise for the inconvenience and worry caused to some of our supporters who may be concerned about the possible loss of confidential information as a result of the theft. We have been extremely thankful for the overwhelming understanding and support shown by our supporters during this time. This traumatic event has, nevertheless, highlighted the need to increase security for the information systems in our two centres. Whilst we took immediate steps to safeguard our information systems, we are also putting in place a long term solution of acquiring a more secure computer system. This is a financial cost we consider to be essential to ensure the security of our

information systems for our supporters and clients.

In the past three years, we have moved from running our services from one location to two. Over that period, we have also managed to achieve an overall increase in our service output. These changes have put our staff team under great strain, particularly the staff and volunteers of the administrative team.

We are thankful for the volunteer services of a business analyst who has worked with our staff and volunteers and provided her expertise to help us create a better system for the team to operate more efficiently. We are confident that the new information systems and improved administrative processes will reduce the stress on the staff and volunteers and improve services to our clients.

We shall continue to make necessary reforms to our ministry so that FLC can be a shining light to the lives of many more people.

Thank you for your continued support.

Gerald Cheung
Centre Director

Becoming One of the 600 Support Partners of First Light Care

WE SINCERELY invite you to become one of the 600 FLC support partners we are seeking and make a tax-deductible donation of \$10 a week (\$45 a month or \$520 a year) to support and sustain this ministry.

晨光600您

我們真誠地邀請您成為“**我**晨光600您”的一個合作夥伴，定期每個星期捐獻10元(每月45元或每年520元，捐款可扣稅)支持晨光和維持這事工服務。

First Light Care Counselling Service

晨光輔導服務：

Professional counselling service provided by experienced counsellors who speak English, Cantonese & Mandarin.

由經驗豐富操英/粵/國語的輔導員提供專業輔導

- Depression/Anxiety/Stress/Grief
抑鬱/焦慮/壓力/哀傷
- Marital & Family Relationship/Parenting
婚姻/家庭關係/教養子女
- Premarital Counselling & Education
婚前輔導教育
- Child & Adolescent Issues
兒童及青少年問題
- Relationships/Sexuality/Sexual Issues
人際關係/性取向/性問題
- Domestic Violence
家庭暴力
- Substance Abuse/Harmful Gambling
物質濫用/傷害性的賭博
- Physical, Emotional & Sexual Abuse
身體、精神與性虐待

Sydney City Counselling Centre

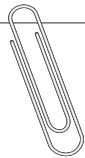
悉尼市區輔導中心

Sydney West Counselling & Education Centre

悉尼西區輔導教育中心

For appointment or enquiry 約見及查詢

Tel 電話：(02) 9211 9988



中心總監的話

親愛的弟兄姊妹和朋友們：

自今年年初以來，在晨光的服務運作方面我們正經歷著一個令人興奮的檢討和更新階段。你可能還記得在我們前一期通訊中提到我們將開始一個嶄新的里程去建立晨光。

當我們正在重新考慮如何改進我們的信息系統時（這是我們總系統評審的一部分），我們的市區輔導中心在澳洲國慶那天遭到了入室盜竊。在這次入室盜竊中一台電腦被竊走。

對此引起的不便和擔憂，我們在此向我們的支持者表示道歉，他們可能對該電腦的被盜所可能導致的機密信息的丟失表示擔憂。在這段時期內我們對支持者對我們的充分理解和支持表示萬分感激。然而這次極不愉快的事件提醒我們需要在我們兩個中心內增強信息系統的安全性。雖然我們已採取直接措施保護我們的信息系統，同時我們也正在實施一個長期的解決辦法來獲得一個更安全的電腦系統。為了對我們的支持者和客戶確保

我們信息系統的安全性，我們認為這項財政開支是非常必要的。

在過去的三年裡，我們的服務運作從只有一個辦公地點到兩個辦公地點。在那段時間裡，我們也成功地使我們的服務獲得了全面的提高。這些變化使我們的同工們經受了巨大的壓力，特別是行政團隊的同工們。

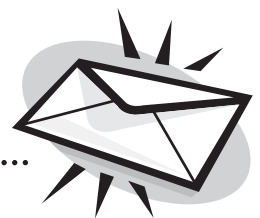
我們在此向一位商業分析員的義務服務表示感謝，她與我們的同工們一起合作，並提供專業知識幫助我們建立一個更好的系統來使我們的團隊更有效地操作運行。我們相信這個新的信息系統和已改進的行政流程將使同工們減少壓力並向客戶提供更好的服務。

我們將繼續對我們中心的事工進行必要的改革，使晨光成為更多生命中曙光。感謝您一如既往地支持。

張有倫
輔導中心總監

Thank you for reading FLC Newsletter!

TO HELP US to send you our newsletter in your most preferred way, please let us know if you would like to receive our newsletter by post or by e-mail.



Our e-mail address is admin@firstlightcare.org.au.
Looking forward to hearing from you!

A Word of Appreciation re: Father and Child Day Camp

Dear Elsie, Gloria and William,

JUST WANT TO SAY thank you once again for allowing me to be an observer and helper at the Father and Child Day Camp.

I very much enjoyed the day and felt privileged to have been able to observe the occasion. I really admire the valuable work that you do - nurturing the precious relationship between fathers and their children. It was especially touching to see, at the end of the day, the fathers and their sons/daughters sharing heart-to-heart, hugging, laughing and just treasuring their time together, and coming together for the group photo with their robots (which cumulated the day's work and learning).

It was also a privilege to have met and been able to work with you and the rest of the FLC Education team, who are all so warm and friendly (and hard-working!). So thank you once again for giving me such a great and valuable experience, and I hope to be able to contribute to your work and vision in the future. May God continue to bless the good work that you do!

Warm regards,
Yixin (Volunteer)



晨光2010女士研討營 FLC 2010 Women's Conference

有關詳情，請參閱後頁「教育課程
及活動小組」

West Ryde Radiology

990 Victoria Road,
West Ryde, NSW 2114

Phone: (02) 9808 3333

Fax: (02) 9808 7864

麥覺理墓園及火葬園 Macquarie Park Cemetery & Crematorium, North Ryde

本墓園是現今紐省一個頂級信託管理方式非盈利的政府墓園。墓園位於雪梨市北區，鄰近車士活(Chatswood), North Ryde火車站位於墓園對面，地點非常方便。

本園適合華人的服務包括：喪禮，葬禮，火化及骨灰安放。一站式的服務，免去家人奔波勞碌之苦。歡迎海外華僑將先人骨灰移居澳洲（非澳洲移民也可）。

請注意本園辦事處是唯一處理本園所有購買或轉名永久用地埋葬權事宜。歡迎查詢及安排實地參觀墓園設施，請致電：

Tel: (02) 9805 0499

社交小精靈假期活動 Smart Kids Holiday Program

日期/Date : 10 & 17/4/2010 (Saturdays)
 時間/Time : 1:00pm – 5:30pm
 對象/Target : 四至五年級的兒童 Year 4 & 5 Children
 地點/Venue : FLC Sydney, Venue: Publishing & Education Centre
 7 Crown St., Harris Park 2150
 費用/Fees : \$70 per child

英語
新節目
English
New Program

Full 已滿

西區免費育兒教育講座 Free Parenting Seminar at Westmead

日期/Date : 9/4/2010 (Friday)
 時間/Time : 7:30pm – 9:00pm
 講題/Topic : 了解當代的青少年
 Understanding Generation Y

粵語主講
Cantonese

日期/Date : 10/4/2010 (Saturday)
 時間/Time : 7:30pm – 9:00pm
 講題/Topic : 繽紛豆芽夢 Boy/Girl Relationships - Parents' Concern
 講員/Speaker : 黃進源先生 Mr William Wong
 地點/Venue : 宣道會希伯崙堂
 Hebron Chinese Alliance Church Sydney
 51 Hawkesbury Road, Westmead, NSW

準備上中學(第十二組) Ready for High School (Group 12)

A 2-day workshop designed for Year 7 children (in 2011) to prepare them for the challenges of adolescence

日期/Date : 9 & 10 /7/2010 (Friday & Saturday)
 時間/Time : 10:00am – 4:00pm
 地點/Venue : To be decided
 費用/Fees : \$80.00 per child

Conducted
in English

嗨,媽! Hey, Mum! (Group 14)

一個專為母親而設以強化家庭關係的教養子女課程!
 A parenting program for mothers to promote stronger family relationships.

日期/Date : 16/5, 23/5, 30/5, 6/6, 13/6, 20/6/2010 (Sundays)
 時間/Time : 1:30pm – 4:00pm
 地點/Venue : Chinese Presbyterian Church
 Cnr of Crown & Albion Sts, Surry Hills, NSW
 費用/Fees : \$70 per person (GST & notes incl.)

丈夫曾參加「嗨,爹!」優先取錄 Priority will be given to the wives of previous "Hey, Dad!" participants.

粵語主講
Cantonese

晨光2010女士研討營 FLC 2010 Women's Conference

日期/Date : 27 & 28 /11/2010 (Saturday & Sunday)
 地點/Venue : The Tops Conference Centre,
 Off Bendena Garden Road, Stanwell Top, NSW
 講員/Speaker : 梁林天慧女士 Dr Mary Leung

粵語主講
Cantonese

父親與子女同樂日 Father and Child Day Camp

日期/Date : 20/3/2010 (Saturday)
 時間/Time : 9:00am – 6:00pm
 地點/Venue : Baden Powell Scout Centre
 Pomona St., Pennant Hills, NSW 2120
 對象/Target : 父親帶同四至六年級的孩子
 Father and Year 4 to 6 child
 費用 Fees : 父親加一個孩子 Father and one child \$100
 另加每一個孩子 extra child \$25

粵語及英語
Cantonese &
English

Full 已滿

Framework Optical

Kenneth Poon Optometrist
 B.Sc(HKU). B.Sc(Optom.UMIST). MCOptom
 Shop G04, Mandarin Centre,
 Crn. Albert Ave & Victor Street,
 Chatswood, 2067
 Tel: (02)9412 2958
 Fax: (02)9412 2674



UNITY FUNERALS

Personal and respectful service.
 Highest quality and affordable pricing.
 Australian Funeral Directors Association
 (AFDA) Member.
 9747 4000
 143 LIVERPOOL RD, BURWOOD
 ALL SUBURBS 24 HOURS 7 DAYS

West Ryde Medical Centre

990 Victoria Road,
 West Ryde, NSW 2114

Phone: (02) 9808 3333
 Fax: (02) 9808 7864

世界中華殯儀是恩福關懷公司
 (InvoCare)轄下為亞裔民族特別而設的
 殯儀服務。InvoCare在澳洲擁有180間
 殯儀服務公司及12所墓園及火葬園。
 我們可提供一站式的喪禮策劃及各式土
 葬和骨灰安放服務。

本公司現禮聘資深喪葬服務顧問
 姚雪虹小姐 (Ms. Agnes Yiu) 為亞裔民
 族服務經理。姚小姐擁有禮儀顧問的專
 業資格, 服務忠誠。

歡迎致電姚小姐查詢有關任何喪
 禮策劃及每月供款的未雨
 綢繆殯儀服務計劃。

電話: (02)9989 8018
 手提: 0488 180 613



世界中華 殯儀
 服務
**Universal Chung Wah
 Funeral Directors**